

# Abe's Newest CPOs Pinned in Everett

BY MC1 JEANNETTE BOWLES  
*Penny Press staff*

For 113 years, the Navy has held the tradition of promoting exceptional Sailors to the highly-coveted Chief Petty Officer (CPO) rank.

This year was no different as 35 Sailors from the USS Abraham Lincoln (CVN 72) received their anchors in a special ceremony held September 15 in the Commons at Naval Station Everett.

During the ceremony, the new Chiefs received their anchors from family, friends, co-workers, and mentors and their new “hats,” khaki combination covers, from their sponsors.

“The new Chiefs you see before you have worked tirelessly for the past seven weeks to get here, to learn the basic building blocks of what it will take to be a successful senior enlisted leader within today’s Chiefs’ mess,” said CMDCM Michael Anjola, Lincoln’s command master chief, as he addressed the audience at the ceremony. “For some of these Sailors, it’s been nearly a 20-year journey getting to this point in their careers.”

One of those Sailors was Hospital Corpsman Chief (SW/AW) Rebecca McClung from Medical Department, who has been in the Navy for 21 years.

“I was shocked when I found out I made Chief,” McClung said. “But it’s amazing. It’s an accumulation of a long, hard, trying career in the Navy.”

Culinary Specialist Chief (SW/AW) Arnold Lagat, from Supply’s S-13 Division, has been in the Navy for 17 years and



Photo By MC3 Jordon Beesley  
 Rear Admiral Bill Goodwin congratulates the newly pinned chiefs during the pinning ceremony at the Commons on Naval Station Everett.

was selected on his fifth time up for Chief. He credited his family for his success.

“Without my wife and children supporting me I could not get to where I am right now,” said Lagat. “This is the greatest moment in my Navy career.”

Lagat’s wife, Romely, who helped pin on his anchors, said she was very proud of her husband for coming this far.

“I know he’ll do great,” Romely said. “I’m very happy and I

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# Make More Money by Using Your Money Smarter

BY CMDR STEVE BRISTOW  
*Special to the Penny Press*

How many Sailors onboard would trade places with one of the world’s richest people?

Keep in mind, the average age on Abe is about 20, the average age of the richest

people is mid-60s or older.

You get their money and their age, they get your youth ... Deal?

Note there are few, if any, rich people who would pass on this. The point is that Abe Sailors possess the most valuable commodity on the planet, youth. It should be invested wisely, not squandered. Do

not live up to the cliché that youth is wasted on the young.

Here are some simple rules of thumb for a successful financial future:

Invest in yourself first. Education and training are the two single most important investments you can make for your future,

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Fleet Master Chief West returns with words of wisdom ....

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# At The Movies

## Last Kiss Forecast:

*Drama With A Sprinkling Of Humor*

BY MC2(SW) DAN CLEARY  
Penny Press staff

Hello warriors of the barbaric land of cinema! This week's movie is the drama/romance *The Last Kiss* starring Zach Braff (*Garden State*, *Scrubs*).

Our movie starts out with Michael (*Zach Braff*) and long-time girlfriend Jenna (*Jacinda Barrett*) announcing to her parents they are expecting a baby. While this seems to fill Jenna with a warm loving light, it seems to darken Michael's mood.

Filled with doubt, Michael wonders if a family is what he really wants. Nearing the dreaded age of 30, he sees no more surprises in life and only sees the rest of life as being planned out. A baby and marriage only seem to be steps in a laid out life.

When Michael goes to console with friends, he finds that they are having life crises too. With divorce, children, dead-end jobs and broken dreams, Michael and his friends are having a tough time coping with life in the 30s.

I want to say first off that this was a good, but depressing, movie. It made it seem that when you hit 30, life is going to

be terrible with bad relationships, regrets and a bunch of "I should have, could have, would haves."

This movie has redeeming factors though, with good acting and a light sense of humor. When Jenna asks Michael if there is anything that he is holding back from her, he farts. Those aspects make this movie enjoyable.

If you think this movie is a "chick flick," you are wrong. It may look and feel like a chick flick with an attractive cast and ultra moody soundtrack, but I guarantee if you took your girlfriend or boyfriend to this movie, at the end of it you will be fighting about something. There are enough relationship problems in this movie that it's bound to drudge up some kind of

argument.

This movie is worth seeing for its great cast, light sense of humor, and touching drama. Don't expect to have your spirits lifted at the end of it though; it's one of those "life imitating art" kinds of films.

Don't let the movie prices get you down. Pick up your discounted movie passes from MWR for \$5. The passes are good for all theatrical releases.

Stuck on duty? Then swing by MWR's Gear Issue to rent movies, games and video game systems. All rentals are 24 hours and free!



Life imitates art in Zach Braff's *Last Kiss*. Offering drama with light humor, it earns three-and-a-half out of five dano's.



Samuel Adams is your ticket to the NFL on Sundays this season. We have 11 screens in one location and will offer beverage specials and prizes during the game. For more info, call (360) 476-6719.



## September 25, 1941

In the first successful U.S. Navy escort of convoys during World War II, Navy escorts turn over HX-150 to British escorts at the mid-ocean meeting point. All ships reach port safely.

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# News

## Get Off The Sofa and Go VOTE!!!

FROM FLEET MASTER CHIEF (SS/SW)  
R. D. WEST

Hoo-yah, Warriors! I've been all over the Pacific visiting Sailors in Japan, Guam and then California, talking with our Navy's newest Chiefs and our junior Sailors. I'm still very proud to see the enthusiasm, the professionalism, and most of all, the dedication that you are displaying daily as Sailors in our great Navy.

And that brings me to my topic this week.

We all work very hard for the paychecks we get. But let me ask you this: would you let some stranger decide how you spend it?

I'm fairly certain I know your answer. But shipmates, too many of us are doing just that when we don't let our voices be heard.

As part of the nation's armed forces, we are all sworn to protect the Constitution. As citizens, we get to enjoy the rights, responsibilities and privileges that document provides. And one of the most important rights is the right to vote.

Your voice is *your* voice. It's your way of making sure a stranger is not making decisions for you about how the country is being run. We have a lot of great people in our Navy with great ideas and opinions to voice. I've never known a Sailor not to stop me and give me his or her two cents

on some issue or topic.

So I ask myself -- why do so many of our fellow Warriors not exercise the right to vote?

I've heard many reasons, and some are excuses: too busy, too complicated.

First off, no one is so busy that they cannot fill out a quick registration post card and drop it in the mail. If you are so busy you can't do that, then we should talk to your supervisor.

Just get off your stern cheeks and get the Federal Post Card Application (FPCA) from your Voting Officer and mail it in. It'll take maybe 10 minutes -- tops.

Second, the FPCA is not that hard. If I can figure it out, anyone can. But if you can't, that helpful Voting Officer you got it from will help you out, I promise. So that excuse is out the door.

Some say they don't like any of the candidates, so they aren't voting. I've found that many people don't even have a clue as to their candidates' positions on many of the issues.

There's more to it than a 60-second commercial on TV. If you really have your personal reasons why you don't want to vote, that is your choice and your right. Just make an informed, well-thought-out decision when it comes to voting or not voting.

If your plan to not vote is really because you don't know anything about the candi-



dates, you can do something about that.

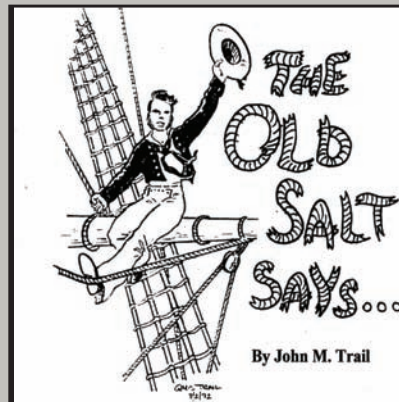
I know we're all busy and learning more about political issues can be time-consuming. But there are lots of publications and websites out there that can quickly bring you up to speed. Heck, just reading the newspaper for a few minutes each day at breakfast or dinner can really help give you worlds of information.

So where do you start? First off, you can find loads of information on applying for absentee registration and a ballot in the *Voting Assistance Guide* (<http://www.fvap.gov/pubs/vag.html>).

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## Moor A Boat

I want to teach you Sailors a few terms, especially the men who handle the ship's boats. When you make an approach to the landing or the accommodation ladder of a ship, you "come alongside." A boat never ties up to anything! You either "make fast" or "moor to a pier," or "haul out" from the ship's boat boom. When you push the boat away from another boat, ship or the pier, you "veer off." The order is given by the coxswain of the boat as "veer away!" When the coxswain or boat hook is keeping the boat from slamming into the gangway or boat landing it is called "fending off." When you unmoor your boat from a cleat, bollard or guess warp, you are "casting off" the lines. The ship's boats are symbols of how well the ship is run and the cleanliness of them reflects the cleanliness of the ship, so take pride in how well you run the boats.



# Local News

## MONEY *Continued from page 1*

even if you must go into significant debt to receive it, depending on your planned profession and if you finish that education. This must be accomplished while you are young. The older you become, the tougher this goal becomes!

After your education and training, invest early and invest often. This concept is known as the 'time value of money.' Double a penny every day for a month and see what you get; now begin doubling on the 3<sup>rd</sup> or 4<sup>th</sup> day, see what you get: Starting early matters! Translated to real life, a delay of several years will reduce your investments dramatically at the end of your long-term horizon.

For example, investing an amount every month from age 22 until age 32 and then stop will result in more money than the same monthly amount invested from age 32 until age 62. Both examples assume a 10 percent long-term return.

Pay yourself first. Investments for your financial future should come out of your monthly income before all other expenses in life. If not, you will likely never make financial progress toward your future. There will always be many valid expenses (braces, vacation, new home, car, piano lessons, etc.) so it must be put away first and you must learn to live on the rest. This

is not as hard it may seem, out of sight out of mind. Investing first, often, smart, and conservatively can result in assets totaling over a million dollars in your 50s.

Pay yourself five percent. If you are not putting away at least five percent of your gross income (total income), you are behind, in terms of getting ahead. By doing this and living within your means you actually empower yourself to 'have a life' vice looking and acting like you have a life when you really don't, nor ever will. The advice here is to save adequately, and do save, but not excessively/obsessively.

Know the price of 'show' in terms of 'dough!' Is your goal eventual affluence or perpetual paycheck to paycheck? You need to know the price of that new car while you are young, a plasma TV, expensive furniture, flashy wheel rims, and other cool toys.

The price for impressing yourself and strangers with dough now, is likely the inability to 'show and dough' during much of your later life, more added years in the workforce during that later life, and a total life living for those short-term items vice for yourself.

A great example of show and dough: one study (Survey of Consumer Finances) states the average affluent couple (defined as possessing one million in assets, savings, investments, equity in home or prop-

erty, value of retirement, minus all debts) possesses cars with a median total value of \$28,000 - this is all of their multiple car's total value.

The point is they are worth a million bucks, but choose decent cars and toys over great cars and toys. They can buy great items anytime they want. They can 'walk the walk!' They have the 'dough!' Those who only have 'show' will never reach the status of 'average affluent person' because they will have depleted their 'dough.'

Know that the vast majority of people who look rich are not rich if you look closely, even those with high incomes. More importantly, most who are rich don't actually look rich at first blush!

Remember, the largest barrier to becoming affluent is living like you are affluent too early. The second barrier is to not educate, train, invest or save adequately.

Finance books for the non-finance person: *The Millionaire Next Door*, Thomas J. Stanley; *Learn to Earn*, by Peter Lynch; *Investing for Dummies*; *The Automatic Millionaire*, by David Bach, *Rich Dad Poor Dad* by Robert Kiyosaki.

Cmdr. Steve Bristow is the CDC officer and possesses an MBA in Financial Management. He has an open door to discuss any financial questions.

## Going Out This Weekend?



Little drunk? Need a Ride? Call (425)530-1934 for Abe's Tipsy Taxi.  
A phone call now can save you headache later.



## FLTCM

*Continued from page 3*

The U.S. Department of Defense Federal Voting Assistance Program has a great website (<http://www.fvap.gov/index.html>) you can visit that will hook you up with everything you could possibly want to know about registering to vote no matter what state you are from.

You can do this.

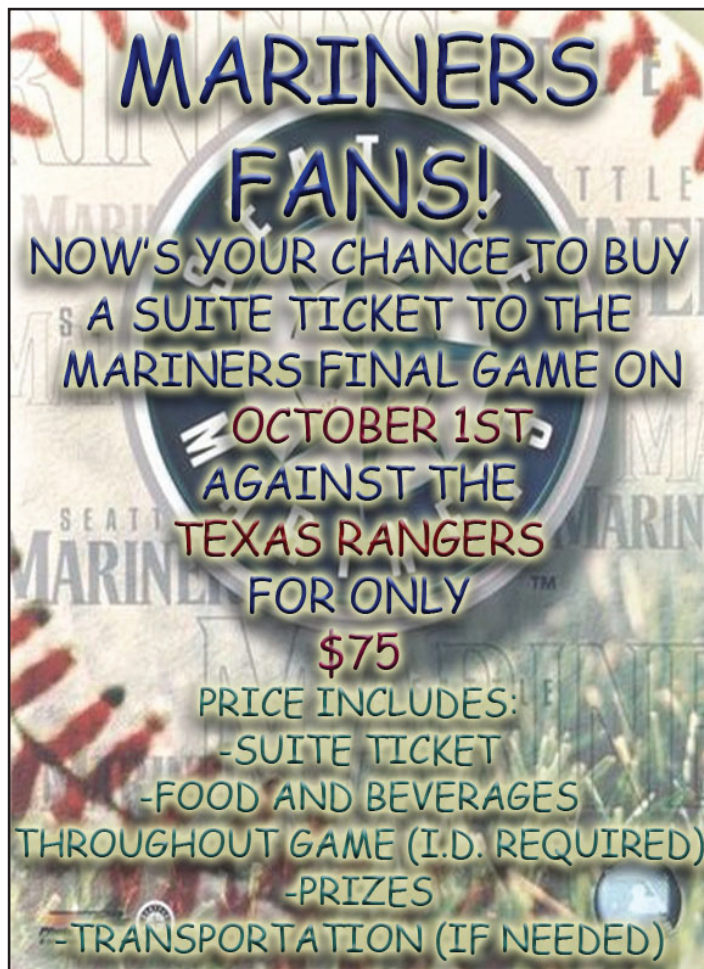
Warriors, I can't express enough how seriously we should look at our right to vote. There are still countries in this world where the citizens have no say in their government. So take the time

-- make the time -- to make sure your opinion matters.  
'Nuff said.

Keep charging, Warriors. I hit the road again in a week or so, so I'll be looking for you. Take care of yourselves and each other. I'll see you on the deckplates.

Fleet Tip: Have you said thanks to your command Ombudsman lately? Well you should. Sept. 14 was Navy Ombudsman and Volunteer Appreciation Day, and I don't think we can ever say thanks enough to all the folks who step up to help our families while we are away. We all need to give a big "HOO-YAH" to our Navy Ombudsmen and volunteers!

# MWR



EVERY TUESDAY  
NIGHT AT  
SINCLAIRS!

MOVIE  
STARTS  
AT 7PM



## CPO

*Continued from page 1*

love him to the fullest, like always."

Aviation Boatswain's Mate Chief (SW/AW) Glenn Apacible, from Air Department's V-4 Division, made it his first time up.

"I was fortunate, with some hard work," said Apacible, who has been in the Navy for 14 years. "Now I'm in a better position to develop my junior Sailors. I can mentor and train them to become the future Chiefs and continue to take care of them."

Machinist's Mate Chief (SW/AW)

Javier Chavez from Reactor Department said it felt great to put on his Chief's anchors. He also had some words of encouragement for junior Sailors.

"Anything is possible," Chavez said. "You don't expect to be here until you are. The constant theme over the last seven weeks of training was; take care of those who got you here, take care of your Sailors."

As McClung, Lagat, Apacible, and Chavez prepare to assume their new leadership positions as chiefs, they each said they took away something from

their seven-week training experience that will help them in the future. For Lagat, Chavez and Apacible it was the theme of teamwork and working together to get the job done. For McClung, it was the lessons of learning to ask for help and being able to access more resources.

"This most capable group of young Chiefs on the USS Abraham Lincoln is ready to assume their places in the leadership chain and lead from the front," said Anjola.

# Final Words



## Shipmates

*The strength of a warship lies in the hearts and hands of its crew*



Photo By MC3 James McGury

Cheerleaders from the Indiana Pacers visited Lincoln Sailors Friday to hand out autographed pictures to the crew. The Pacers cheerleaders have visited other commands through Armed Forces Entertainment.

### USS Abraham Lincoln Safety Department's

## Safety Sailor of the Week

While using a pneumatic sander, SN Brandon Wright, from Deck's 2nd Div. ensured his safety by using the proper PPE (goggles and double hearing protection).



PHOTO BY SKC(SW/AW/SS) RICHARD WARD

**SN Brandon Wright**



## Editor's Top 10

### Things to keep you busy on duty days...

10. Count each hair on your head (not applicable to those follicly challenged).
9. Put mulch in your DivO's coffee maker... hilarity ensues.
8. Admit to everyone that you are, in fact, Batman.
7. Trace the numerous ventilation hoses throughout the ship to try and find a pot of gold.
6. Invent new Navy jokes to replace Mail Buoy watches and ID-10-T forms.
5. Talk your friends into helping you put on a local production of Broadway's Cats.
4. Learn Jujitsu by watching Walker Texas Ranger.
3. Order the Yanni gift set for your LCPO.
2. Replace all vending junk food with rice cakes.
1. Curse the \$%\$# who aren't on duty.